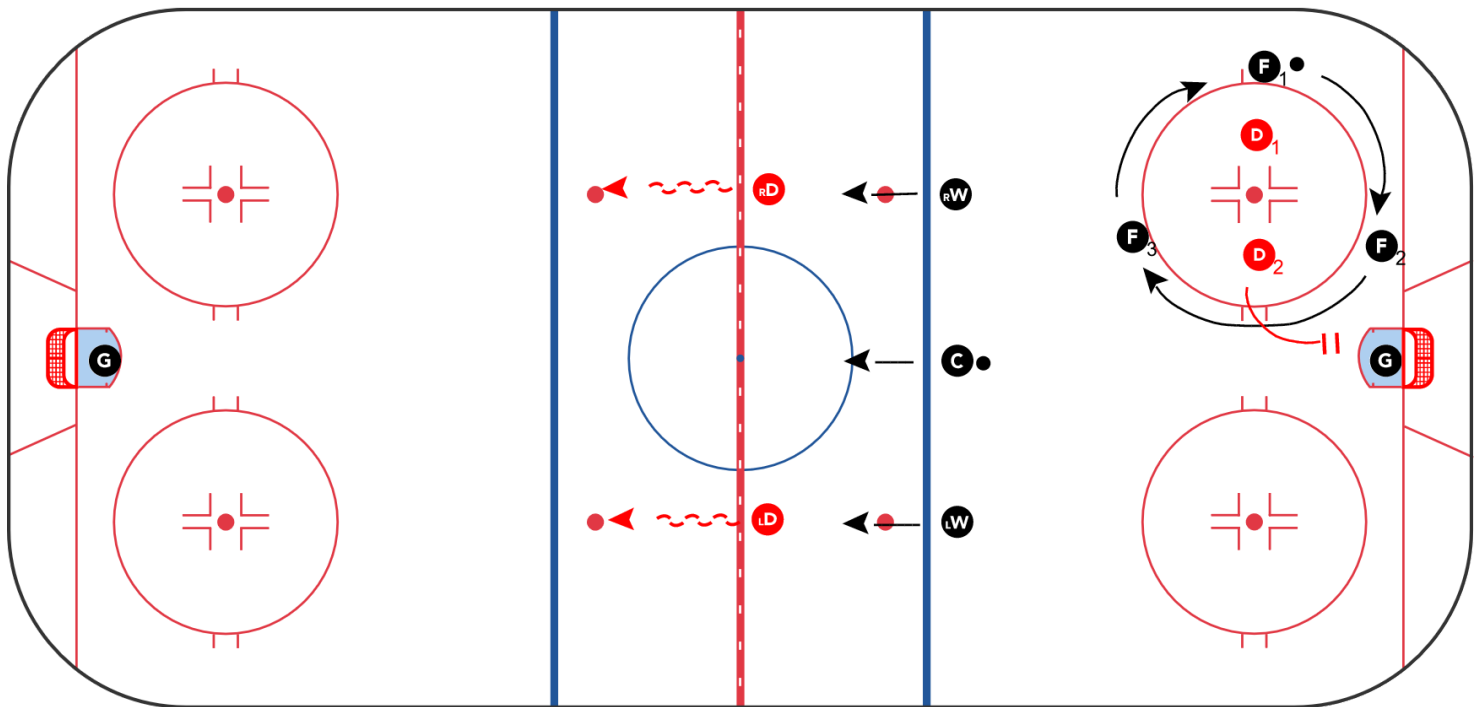


Go Live!



Description

- **D** 1 & **D** 2 start on their knees in circle
- 1ST WHISTLE: **F** 's start to circle around the circle, cycling the puck
- 2ND WHISTLE: **D** get up and **D** 1 engages the **F** , **D** 2 goes to net
- Present **F** 1,2 & 3 make play for scoring, change off cycling
- 3RD WHISTLE: the Forwards at blue line with puck and Defence at red line leave going down to the other end.
- **F** 1,2 & 3 become back checkers, **D** join rush and the play becomes a 5 vs 5